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| Apricot Glazed Chicken Nutritional Info: Calories 203/ Fat 2g/Sat Fat .75g/ Carbs 20g/ Fiber 0g/ Sodium 72mg/Protein 27g/Sugar 7.2gIngredients: **Chicken, Dijon mustard** (Water, mustard seeds, vinegar, salt, sulfites as a preservative), **apricot preserves** (apricots, high fructose corn syrup, corn syrup, sugar, fruit pectin and citric acid), **ginger** (ginger, phosphoric acid, sodium benzoate and potassium sorbate added as preservatives) |
| Baked TortelliniIngredients: **marinara sauce** (Vine ripened tomatoes, tomato puree, soybean oil, corn syrup, salt, modified dehydrated onion, dehydrated garlic, spices, dextrose, citric acid, natural flavors)**, alfredo sauce** (skim milk, water, cream, cream cheese (cream, nonfat dry milk, salt, enzymes), parmesan cheese (cultured milk, salt, enzymes), Romano cheese (cultured milk, salt, enzymes), butter (cream, salt), food starch-modified, contains less than 2% of maltodextrin, salt, natural flavor, sodium phosphate, sodium citrate, cellulose gel, cellulose gum, vegetable mono and diglycerides, spice)**, spinach, tortellini** (Enriched Durum Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, Ricotta Cheese (Pasteurized Whey, Pasteurized Milk, Distilled Vinegar, Salt), Imported Parmesan Cheese And Cheese Whey Blend (Imported Parmesan Cheese [Pasteurized Part Skim Cow's Milk, Cultures, Salt, Enzymes], Cheese Whey, Salt), Bread Crumbs (Wheat Flour, Dextrose, Salt, Yeast, Soybean Oil), Domestic And Imported Romano Cheese And Whey Blend (Domestic Romano Cheese [Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes], Imported Romano Cheese [Pasteurized Sheep's Milk, Cultures, Salt, Enzymes], Cheese Whey, Salt), Eggs, Contains Less Than 2% Of: Spices, Parmesan Cheese Flavor (Enzyme Modified Cheese [Parmesan Cheese {Pasteurized Part Skim Milk, Salt, Cheese Culture, Calcium Chloride, Enzymes}], Modified Corn Starch, Salt, Enzymes, Xanthan Gum, Modified Corn Starch, Corn Syrup, [Cheddar Cheese {Milk, Starter Cultures, Salt, Enzymes}], Water, Salt, Disodium Phosphate), Cheddar Cheese Flavor (Cheddar Cheese [Pasteurized Milk, Salt, Cheese Culture, Enzymes], Whey, Natural Flavor, Maltodextrin, Modified Food Starch, Salt, Citric Acid, Autolyzed Yeast Extract, Sodium Phosphate, Sunflower Oil), Salt, Beta Carotene (Color)).**, Italian seasoning, mozzarella cheese** (low moisture part skim mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes) potato starch, canola oil and cellulose added to prevent caking, natamycin (a natural mold inhibitor)) **, parmesan cheese** (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking)Nutritional Info: Calories 386/Fat 24g/Sat Fat 11g/Carbs 29g/Fiber 2g/Sodium 1036/Protein 14g/ Sugar 10 |
| Chicken Marsala**Ingredients: Chicken Breast, mushrooms, marsala wine** (marsala wine, salt, potassium meta bisulfite (preservative), cream (heavy cream (milk), mono and diglycerides, carrageenan, disodium phosphate, sodium citrate, polysorbate 80), **sherry** (sherry wine, salt, potassium sorbate (a preservative), potassium metabisulfite))**,** **chicken broth** (roasted chicken and chicken broth, salt, sugar, hydrolyzed corn protein, contains 2% or less of chicken fat, onion powder, disodium inosinate, disodium guanylate, extractive of turmeric (color), spice extractive.)**, flour**(bleached wheat flour enriched (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour)**, pepper, salt, oregano**Nutritional Info: Calories 201, Fat 3g, Sat Fat 2g, Carbs 11g, Fiber 0, Sodium 550mg, Protein 28g, Sugar 1g |
| Cranberry Glazed MeatballsCalories 495/Fat 33g/Sat Fat 9g/Carb 21g/Fiber 1g/Sodium 669mg/Protein 28g/Sugar 6gIngredients: Meatballs (ground beef, water, bread crumbs (enriched bleached wheat flour (bleached wheat flour, niacin, reduced iron thiamine mononitrate, riboflavin, folic acid), salt, durum flour, hydrogenated vegetable oil shortening (soybean), leavening ( (, cranberry sauce( Cranberries, high fructose corn syrup, water, corn syrup, citric acid), French dressing (Soybean oil, high fructose corn syrup, tomato paste, water, sugar, distilled vinegar, salt, contains less than 2% of APO carotenal (color), onion, xanthan gum, eggs, propylene glycol alginate, natural flavors (includes celery, yeast extract) calcium disodium edta added to protect flavor, dehydrated), onion soup mix(dehydrated onions, potato starch, salt, hydrolyzed vegetable protein (corn, soy), beef fat, maltodextrin, lactose, sugar, autolyzed yeast extract, hydrolyzed wheat protein, caramel color, natural flavor, onion juice concentrate, gum arabic spice, bha and propyl gallate (used to protect quality) citric acid **CONTAINS: soy, milk, wheat, sulfites** |
| Cream of Tuscan SoupNutritional Info (Approx 13 oz per serving): Calories 314/Fat 25g/Sat Fat 10g/Carbs 11g/Fiber 2g/Sodium 1134mg/Protein 12g/Sugar 1gIngredients: **Chicken Broth** (roasted chicken and chicken broth, salt, sugar, hydrolyzed corn protein, contains 2% or less of chicken fat, onion powder, disodium inosinate, disodium guanylate, extractive of turmeric (color), spice extractive), **Sausage** (pork, water, seasoning (dextrose, spice, monosodium glutamate, tricalcium phosphate, corn oil, natural flavor, propyl gallate, BHT, sunflower oil, paprika oleoresin [paprika extract, soybean oil]), salt). **Cream** (heavy cream (milk), mono and diglycerides, carrageenan, disodium phosphate, sodium citrate, polysorbate 80), **Spinach, Potatoes** (potatoes, canola oil, whey salt, maltodextrin, modified food starch, spices, natural flavor, dehydrated onion and garlic, partially hydrogenated canola oil, citric acid, high fructose corn syrup). **Garlic** (garlic, water, citric acid), **Onions, Bacon** (cured with water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite) |
| Meatloaf Italiano Ingredients: **Burger, marinara sauce** (Vine ripened tomatoes, tomato puree, soybean oil, sorn syrup, salt, modified dehydrated onion, dehydrated garlic, spices, dextrose, citric acid, natural flavors), **parmesan cheese** (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking), **onions, bread** (Wheat flour, contains 2% or less of the following: sugar, yeast, soybean oil and salt), **oregano, garlic** (garlic, water, citric acid), **egg** (whole eggs, citric acid, .0.15 water added as carrier for citric acid, citric acid added to preserve color)Nutritional Info: Calories 424/Fat 16g/Carbs 18g/Fiber 0/Sodium 620mg/Protein 49g |
| Orange Chicken Nutritional Info: Calories 291/Fat 1g/Sat Fat 0g/ Carbs 40g/Fiber 0/Sodium 1012/Protein 26g/ Sugar 8gIngredients: Chicken**, Sugar, Apple Cider Vinegar, Soy Sauce** (Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), **Garlic Powder, ginger, orange peel, corn starch, Worcestershire sauce** (distilled white vinegar, water, molasses, high fructose corn syrup, salt, caramel color, sugar, artificial flavor), **red pepper flakes** **Allergens: Wheat** |
| Pizza EmpanadasIngredients: **Pie dough** (unbleached enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), margarine (vegetable oil, water, salt, mono-and-diglycerides of fatty acid, citric acid, tocopherol-rich extract, flavor, beta carotene (color)), water, unbleached enriched wheat flour (ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes (added for improved baking)), milk substitute (soy, whey), salt, sea, dough relaxer (wheat flour, salt, soybean oil, L-cysteine, ascorbic acid, enzymes), **ricotta cheese** (pasteurized milk, vinegar, salt, stabilizer (modified food starch, guar gum, carrageenan), potassium sorbate to protect flavor) , **pizza sauce** ( tomatoes, salt, citric acid and basil), **garlic** (garlic, water, citric acid) , **Italian seasoning**, **Italian sausage** ( pork, water, salt, spices, sugar, flavoring) , **pepperoni** (pork, beef, salt, contains 2% or less of water, dextrose, spices, lactic acid starter culture, oleoresin of paprika, garlic powder, sodium nitrite, BHA, citric acid) **, mozzarella cheese (**low moisture part skim mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes) potato starch, canola oil and cellulose added to prevent caking, natamycin (a natural mold inhibitor))Nutritional Info: Calories 556/Fat 15g/Sat Fat 7g/Carbs 32g/ Fiber 2g/Sodium 794mg/ Protein 17g/Sugar 5g |
| Pull-A-Part Pork Roast Nutritional Info: Calories 491, Fat 24g, Sat Fat 7.5g. Carbs 33g, Fiber 1g, Sodium 413mg, protein 35g, Sugar 25gIngredients: **Pork, onions, garlic, chili sauce** (tomatoes, corn syrup, vinegar, salt, dehydrated onions, natural flavors, garlic powder, and citric acid), **brown sugar** (sugar, molasses)**, cider vinegar (**distilled vinegar from grain, natural flavor with caramel color, diluted with water to a uniform pickling and table strength of 5% (50% grains) acidity)**, oil, Worcestershire sauce (**distilled white vinegar, water, molasses, high fructose corn syrup, salt, caramel color, sugar, artificial flavor)**, liquid smoke (**water, hickory smoke flavor, vinegar, hydrolyzed soy protein, sugar, caramel color, spices)**, pepper** |
| Shrimp Sauté with Orzo Ingredients: Shrimp**, orzo** (100% durum wheat semolina)**, olive oil, lemon juice** (Lemon Juice from concentrate (water, concentrated lemon juice) and less than 2% of sodium benzoate, sodium metabisulfite and sodium sulfite (preservatives) Lemon oil) **garlic, white wine** (Sauterne Wine, Salt, Potassium Metabisulfite (as a preservative), **parsley, capers** (Capers, water, vinegar, salt)Nutritional Info: Calories 321/Fat 9g/Sat Fat 1.2g/Carbs 33g/Fiber 2g/Sodium 410mg/Protein 21g/Sugar 2g |
| Slow Cooker Sesame Chicken Ingredients: **Chicken Breasts, brown sugar (**Sugar, molasses), **onion, ketchup (**tomato concentrate made from vine ripened tomatoes, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of onion powder, garlic powder, natural flavors), **garlic** (garlic, water, citric acid), **green onion, honey, soy sauce**,( Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), **white vinegar** (distilled vinegar from corn (diluted with water to 5% acidity)) **ginger, corn starch, sesame seeds**Nutritional Info: Calories 280/Fat 4g/Sat Fat .7/Carbs 39g/Fiber .8g/Sodium 1645/Protein 25g/Sugar 32.3g |
| Southwest Roll Ups Nutritional Info: Calories 428/Fat 17g/Sat Fat 7.4g/Carbs 45g/Fiber 5g/Sodium 1331mg/ Protein 22g/Sugar 4gIngredients: **Chicken** (boneless, skinless, diced white chicken with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt) **, sour cream** (cultured milk and cream, enzymes)**, refried beans** (Cooked beans, water. Contains 2% or less of: partially hydrogenated lard, salt, vinegar, onion powder, garlic powder, spice, chili pepper.)**, enchilada sauce** (tomato puree (water, tomato paste) water, red Chile puree, less than 2% of: salt, chili pepper, canola oil, onion powder, spices, garlic puree, colored with oleoresin paprika, pectin, cornstarch, natural flavor, lemon juice concentrate, citric acid, guar gum, xanthan gum, garlic powder, autolyzed yeast extract, locust bean gum)**, salsa** (tomatoes, water, tomato paste, jalapeno peppers, onions, distilled vinegar, salt, dehydrated onions, dehydrated garlic, natural flavor)**, cheddar cheese** (Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor))**, onions, chilies** (green chili peppers, water, contains less than 2% of calcium chloride, citric acid, salt)**, garlic** ( garlic, water, citric acid)**, cilantro, cumin, tortilla shells** (Enriched bleach flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified and hydrogenated soybean oils), contains 2% or less of :salt, sugar, baking soda, sodium acid pyrophosphate, distilled monoglycerides, enzymes, fumaric acid, and calcium propionate and sorbic acid (to maintain freshness) |